

SIXTH EDITION

THE KETOGENIC AND MODIFIED ATKINS DIETS

TREATMENTS FOR EPILEPSY
AND OTHER DISORDERS

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The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders



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The 6th edition has been thoroughly revised and up to date to reflect current developments and applications. Protection of the modified Atkins diet plan is significantly expanded to reflect the developing popularity of this less restrictive diet. Compiled by doctors, dietitians, and a pediatric nurse practitioner from the Johns Hopkins Medical center, *Ketogenic Diet Center*, alongside several other professionals in the field, this book, *Ketogenic Diet Center*, contains answers to almost any issue related to the ketogenic and altered Atkins diets, for kids and adults. Chapters cover implementation, recipes, fine-tuning the diet plans, connecting with support groups, the most recent research on the effectiveness of the diets, and much more. Right now in its 6th edition, *The Ketogenic and Modified Atkins Diets* is the established, authoritative book in these groundbreaking epilepsy treatments. Two completely new sections are specialized in the use of ketogenic diets for epilepsy in adults, and diets which will help alleviate the outward symptoms of other circumstances such as for example cancers, dementia, autism, and migraines. Written for parents, sufferers, dietitians, and neurologists, this book can be an invaluable resource for anyone considering or beginning a ketogenic diet for epilepsy or another neurologic disorder. NEATLY ORGANIZED INTO NINE SECTIONS, THIS ESSENTIAL BOOK WILL HELP YOU: Understand how the ketogenic and altered Atkins diets work Prepare for the lifestyle changes involved with following these diet programs Start, preserve, fine-tune, and finally stop the dietary plan Develop tasty and healthy ketogenic meals Connect to local and worldwide resources for epilepsy-related problems Understand the latest research about the diet for use in kids and adults Navigate the *nonketo* world (schools, family, friends) with confidence



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Read it cover to cover. In virtually every chapter you can find CYA sentences stating, "do not try this on your own". More information about the modified Atkins diet for adults, a lot of tips for families who are following this diet! Whether or not it will serve your purposes depends on your needs and everything you know. Childhood epilepsy is most likely the oldest usage of the ketogenic diet. But there are several newer uses such as for example weight reduction, cancer and neurological problems. I purchased the book because it was referenced in Miriam Kalamian's reserve, Keto for Cancers. Parents require it for managing a successful epilepsy diet plan for their child(ren). Seizure Free in 6 weeks! This reminds me that the real purpose of the Hippocratic Oath (the part not often mentioned) was restraint of trade. The very best! Otherwise look elsewhere. Worth a Shot A lot of focus on the history of the diet with emphases as a treatment for seizures, Great resource Must read prior to doing the dietary plan. It did not, and that's a disappointment because among the medical groups most experienced in keto diet plans is Hopkins. This book is my bible. My 2yo daughter was seizure free in 6 weeks after beginning the Modified Atkins Diet plan. I'd like to see even more emphasis on concealed sugars and labels within the next edition. Love, love this publication and recommend it every chance I get. Good for the uninitiated, but otherwise a WOT This book was written as a prerequisite for parents to read before enrolling their child in the Johns Hopkins childhood epilepsy program. Gold standard--best book about subject for parents This is actually the standard book that all other books are measured against for the Ketogenic and Modified Atkins Diet plans so far as parents are concerned. It gives you the smart of specifically what to accomplish and how exactly to do it. Great Great I LIKE THIS I LOVE THIS BOOK We was hoping it would give me nitty-gritty information absent in other books. The book is connected with Johns Hopkins University. There's a lot more in Kalamian's reserve or that of Ellen Davis. Could be technical, but excellent information. Does not review Paleo to MAD or Keto. Use the book because of its stated purpose, to get your kid into Hopkins' program. That's, this book serves the hospital's purposes. Loved it! Interesting but overly-medicalized perspective This book makes Ketogenic eating seem difficult and clinical requiring expert guidance. Extremely helpful book! There are good summaries of software to epilepsy treatments but the medical perspective makes keto appear more complicated than it really is. Exceptional resource that explains how the ketogenic and altered Atkins diet plans (MAD) can help to control seizures. It is the "Bible" of most epilepsy treatment books concerning diet.



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